



Press Release/Public Service Announcement

Contact: Frederick Lewis
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FOR IMMEDIATE RELEASE
2:30 P.M., November 9, 2010

SPAR TO OFFER FREE "COMPONENTS OF FITNESS AEROBICS"

SHREVEPORT, LA, November 9, 2010: Shreveport Public Assembly & Recreation (SPAR) first free "Components of Fitness Aerobics" class held Saturday, November 6 at A. B. Palmer Park Community Center saw 85 participants take advantage of the free program to help improve their fitness. Nick Robberson, lead instructor for the classes stated "We had a great first turnout of citizens who accepted the challenge of becoming more fit and healthy. We look forward to an even larger turnout this Saturday."

The fitness training includes exercise, aerobics and Zumba. Guest instructors will offer their expertise in different disciplines. Female classes will be from 11:00am to 12:00pm for ages 8 and up. Male classes are from 12:00 to 1:00pm, also for ages 8 and up. All are encouraged to take advantage of these free fitness classes.

Upcoming dates and instructors include:

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November 13 & 20: Temple Tune-Up Club, Instructor Nick Robberson

November 27: No Classes

December 4: 11am - 12pm Shuflin' Along, Instructor Reshanda Spears, Dancer/Choreographer

December 4: Fit for Life, Instructor Robert "Superman" Blount

December 11 & 18: Tina Moore, SPAR Fitness Instructor

December 25: No Classes

January 1: No Classes

January 8: Zumba Exercise, Instructor Kendera Moneete

January 15, Shuflin' Along, Instructor Reshanda Spears, Dancer/Choreographer

January 22: Zumba Exercise, Instructor Kendera Moneete

January 29: Zumba Exercise, Instructor Kendera Moneete

February 5: Mosley Movements, Instructor Patrick Mosley

February 5: 1pm Physical Therapy & Healthy Living, Dr. Nick Hubby

For more information contact Nick Robberson, at 318.673.7872 or visit www.mySPAR.org.